



**Greater Manchester
Mental Health**
NHS Foundation Trust

Library and Knowledge Services

**MENTAL HEALTH AND
COVID-19**

Information, resources and helplines

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Low Mood

NHS

Information and advice on low mood, sadness and depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/>

6 tips to help you be happier, more in control, and able to cope better with life's ups and downs

<https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/>

Every Mind Matters

Information about low mood and how to improve your mood

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/>

Anxiety

Mental Health Foundation

Information about how to overcome fear and anxiety

<https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety>

The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people.

<https://www.mentalhealth.org.uk/publications/anxious-child>

Mind

Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

NHS

Information about anxiety, fear and panic

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

Information about generalised anxiety disorder in adults

<https://www.nhs.uk/conditions/generalised-anxiety-disorder/>

Information about anxiety disorders in children

<https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

Every Mind Matters

Information and resources about anxiety

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

Royal College of Psychiatrists

Information on anxiety, panic and phobias

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/anxiety-panic-and-phobias>

Young Minds

Information on anxiety and feeling anxious for young people

<https://youngminds.org.uk/find-help/conditions/anxiety/>

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Anxiety UK

Information on anxiety including links to further information on specific types of anxiety conditions.
<https://www.anxietyuk.org.uk/get-help/about-anxiety-and-anxiety-disorders/>

COVID-19 related

Psychological Tools

A guide to living with worry and anxiety amidst global uncertainty
<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Royal College of Psychiatrists

Information for young people and adults about dealing with anxiety during the pandemic
<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health/covid-19-and-mental-health>

Every Mind Matters

10 tips for those who are anxious about coronavirus
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Young Minds

Advice for young people who feel anxious about coronavirus
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Isolation

Isolation due to COVID-19

Mind

Advice about maintaining wellbeing during social distancing/self-isolation
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Every Mind Matters

Tips for looking after your mental wellbeing while staying at home
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
What you can do if you feel lonely during the coronavirus outbreak
<https://www.nhs.uk/oneyou/every-mind-matters/coping-loneliness-during-coronavirus-outbreak/>

Relate

Tips for maintaining healthy relationships during social distancing/self-isolation
<https://www.relate.org.uk/covid-19-our-advice-and-tips-healthy-relationships>

AgeUK

Advice for older people on staying safe and well at home during social distancing/self-isolation
<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/>

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Loneliness

Mind

Information and tips for managing loneliness

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/>

NHS

Advice on feeling lonely

<https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/>

Mental Health Foundation

Advice for dealing with isolation

<https://www.mentalhealth.org.uk/publications/guide-investing-your-relationships/isolation>

Advice for people who find it difficult to stay socially connected and build relationships

<https://www.mentalhealth.org.uk/publications/guide-investing-your-relationships/difficulties>

Let's Talk Loneliness

A UK Government campaign with advice and useful contacts on what to do if you're feeling lonely.

<https://letstalkloneliness.co.uk/advice/>

Older People

Independent Age

Information and advice about staying connected in older age in pdf and audio formats

<https://www.independentage.org/information/advice-guides-factsheets-leaflets/if-youre-feeling-lonely>

Campaign to end loneliness

Advice for older people for dealing with loneliness and being alone

<https://www.campaigntoendloneliness.org/feeling-lonely/>

AgeUK

Information for if you or someone you know is feeling lonely

<https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/>

Sleep deprivation

Mental Health Foundation

Information guide about sleep problems and advice for sleeping better

<https://www.mentalhealth.org.uk/publications/how-sleep-better>

Mind

Information and advice on coping with sleep problems

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-problems/>

NHS

Information about insomnia, with a sleep self-assessment tool

<https://www.nhs.uk/conditions/insomnia/>

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Every Mind Matters

Information and resources about sleep problems

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Tips to help fall asleep faster and better

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-how-to-fall-asleep-and-sleep-better/>

Royal College of Psychiatrists

Information on sleep problems and sleeping well

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well>

Self Help resources

buzz

A range of self-help guides on mental health topics including low mood and depression, anxiety, sleep problems

<https://buzzmanchester.co.uk/information/mentalhealthguides>

Centre for Clinical Interventions

Self-help resources for a range of mental health problems

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Get Self Help

Self-help resources based on CBT techniques

<https://www.getselfhelp.co.uk/>

Elefriends

Supportive online community run by mental health charity Mind

<https://www.elefriends.org.uk/>

The Help Hub

Book a free call or video call with a trained therapist or counsellor, for those who are struggling emotionally due to COVID-19

<https://www.thehelphub.co.uk/book-an-appointment/>

Multimedia resources

NHS

Mental Wellbeing audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

One You

List of recommended apps which are free to download

<https://www.nhs.uk/oneyou/apps/>

Headspace

Guided meditations to help with relaxation. There is a Headspace app available but this has a charge

<https://www.youtube.com/user/GetSomeHeadspace/>

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Online courses

E-couch

Free interactive self-help program to improve mental wellbeing

<https://ecouch.anu.edu.au/welcome>

Living Life to the Full

Free online courses covering low mood, stress and resiliency

<https://littf.com/>

Addiction & Substance misuse

Helplines

Al-Anon Family Groups

For people worried about someone else's drinking

Phone: 0800 0086 811, 10am-10pm daily

Email on website: <https://www.al-anonuk.org.uk/send-an-email/>

Drinkline

Advice to those worried about their own, or a loved one's, alcohol use

Phone: 0300 123 1110, weekdays 9am–8pm, weekends 11am–4pm

DrugFam

Support for families affected by drug misuse

Phone: 0300 888 3853

Frank

National helpline providing advice and information about drugs

Phone: 0300 123 6600, 24 hours a day 7 days a week

Text: 82111

Email on website: <https://www.talktofrank.com/contact>

Online Advice Sites

NHS Choices

Alcohol Support

<https://www.nhs.uk/live-well/alcohol-support/>

Drug addiction: getting help

<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>

Alcohol Change UK

Advice for managing drinking during the COVID-19 outbreak, including tips for staying on top of your drinking as lockdown lifts

<https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

AdFam

List of helplines which provide telephone support for families affected by substance misuse

<https://adfam.org.uk/help-for-families/finding-support/call-a-helpline>

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Drinkaware

List of alcohol Support Services

<https://www.drinkaware.co.uk/alcohol-support-services/>

Drug Wise

Where to get help if you have problems with drugs or need advice and information

<https://www.drugwise.org.uk/where-can-i-get-help/>

MIND

Addiction and dependency resources

<https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/addiction-and-dependency-resources/>

Domestic Violence

Helplines and Support Services

Women's Aid

Safety advice for survivors. Has online Survivor's Forum accessible 24/7

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

Online chat service: <https://chat.womensaid.org.uk/> 10am-4pm Mon-Fri, 10am-12pm Sat-Sun

Refuge

National domestic abuse free helpline offering confidential, non-judgmental information and expert support.

Telephone: 0808 2000 247, 24 hours a day

Respect

Help for perpetrators of domestic violence, as well as victims.

Telephone: 0808 802 4040 Monday-Friday 9am-5pm

Web Chat (scroll to bottom of page): <https://respectphoneline.org.uk/> , Wednesday-Friday 10-11am and 3-4pm).

Galop

National LGBT+ domestic abuse helpline.

Telephone: 0800 999 5428, Monday/Tuesday/Friday 10am-5pm, Wednesday/Thursday 10am-8pm

Email: help@galop.org.uk

<http://www.galop.org.uk/domesticabuse/>

The Bright Sky app by Hestia

Bright Sky is a free to download mobile app, launched by Hestia in partnership with the Vodafone Foundation, providing support and information to anyone that is in an abusive relationship or those concerned about someone they know.

<https://www.hestia.org/brightsky>

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NSPCC

Helpline to use if you're concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance

Telephone: 0808 800 5000, Mon-Fri 8am-10pm and Sat-Sun 9am-6pm

Email: help@nspcc.org.uk

Manchester Helplines

Greater Manchester Police (GMP)

If in immediate danger and unable to speak a victim should ring the police and can use the "silent solution" by dialling 999 then 55 when the phone is answered, if they can't talk.

Live chat facility to report domestic abuse online and request support from GMP:

<https://www.gmp.police.uk/>

Manchester City Council

Domestic abuse

Telephone: 0161 234 5393

Email: domestic.violence@manchester.gov.uk

Abuse or neglect of children

Telephone: 0161 234 5001

Email: mcsreply@manchester.gov.uk

Manchester Women's Aid

Telephone: 0161 660 7999

Email: referrals@manchesterwomensaid.org

Saheli Asian Women's Project

Telephone: 0161 945 4187

Independent Choices

Greater Manchester Domestic Abuse Hotline

Telephone: 0161 636 7525, Mon-Fri 10am-4pm

Email: helpline@independentchoices.org.uk

Online Advice Sites

SafeLives

Domestic abuse and Covid-19 information and resources

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

Refuge

Covid-19 safety tips for survivors. Safety tips for women and children survivors during the Covid crisis

<https://www.refuge.org.uk/covid19-survivor-tips/>

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NSPCC

Coronavirus and keeping children safe from abuse. Advice on keeping children safe, especially during a period of school closures

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

Barnardos

Advice for parents & carers, young people, including mental health and parenting

<https://www.barnardos.org.uk/coronavirus-advice-hub>

WHO

WHO advice including practical tips for coping with stress at home for those experiencing violence

<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf>

Depression

NHS

Information about depression, including a self-assessment tool

<https://www.nhs.uk/conditions/clinical-depression/>

Tips for coping with depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/>

Mind

Information about depression, tips for caring for yourself and how to access help.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/>

Rethink Mental Illness

Information about depression

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/>

Mental Health Foundation

Information on the symptoms and causes of depression, and where to get support

<https://www.mentalhealth.org.uk/a-to-z/d/depression>

SANE

Factsheet on depression, symptoms and treatment and support options

<http://www.sane.org.uk/uploads/Depression.pdf>

Healthtalk.org

Videos of people from the UK sharing their personal experiences of depression

<https://healthtalk.org/depression/overview>

Young Minds

Information about depression for young people, including a link to advice for parents who may be worried about their child

<https://youngminds.org.uk/find-help/conditions/depression/>

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Bereavement

Helplines

Greater Manchester Bereavement Service

Support is available to anyone within Greater Manchester, bereaved or affected by a death.

Helpline: 0161 983 0902, Monday-Friday 9am-5pm (except bank holidays), Wednesday 9am-8pm

Website: <https://greater-manchester-bereavement-service.org.uk>

Caribbean and African Health Network

Light Bereavement Service – cultural and religiously appropriate specialist service for the Caribbean and African community delivered by Black professional counsellors

To make a referral, please email bereavement@cahn.org.uk or call 07710 022382 (please note that this is also our COVID-19 helpline. Caller's details are taken and case is assigned to a counsellor who rings the service user or referrer)

Website: <https://www.cahn.org.uk/bereavement/>

Cruse Bereavement Care

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Telephone: 0808 808 1677, Monday and Friday 9.30am-5pm, Tuesday/Wednesday/Thursday 9.30am-8pm

Email: helpline@cruse.org.uk

Child Bereavement UK

Helpline offering bereavement support and information.

Telephone: 0800 02 888 40, Monday-Friday, 9am-5pm

Email: support@childbereavementuk.org

Live chat: <https://www.childbereavementuk.org/about-our-helpline>, Monday-Friday, 9am-5pm

NHS

NHS Bereavement Helpline is staffed by trained nurses who are highly skilled and experienced in working with bereaved families.

Telephone: 0800 2600 400, 8am to 8pm daily

Online advice sites

AgeUK

Information and advice for older people on coping with bereavement.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/>

At a Loss

Advice and information for those who have been bereaved during the COVID-19 pandemic, and how to support those who have been bereaved at this time.

<https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>

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Child Bereavement UK

Advice and resources to support children and young people who are dealing with bereavement.

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

Cruse Bereavement Care

Resources for dealing with bereavement and grief during the COVID-19 pandemic. It covers some of the different situations and emotions bereaved people may have to deal with.

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Gaddum Centre

Advice on talking to children and young people about coronavirus and bereavement.

https://www.gaddumcentre.co.uk/wp-content/uploads/2020/04/Gaddum-Child-Bereavement-Coronavirus-Advice_compressed.pdf

Mental Health Foundation

Information about change, loss and bereavement due to COVID-19

<https://www.mentalhealth.org.uk/coronavirus/change-loss-bereavement>

Mind

Information and advice about bereavement.

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>

NHS

Advice for if you are experiencing grief after bereavement or loss

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Advice for supporting children through bereavement

<https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/>

Sudden

Advice for people who have been bereaved during COVID-19, particularly by an unexpected death.

<http://www.suddendeath.org/covid-19-bereavement/advice-for-bereaved-people>

The Good Grief Trust

Support page for the newly bereaved with stories and advice from others who have been bereaved.

<https://www.thegoodgrieftrust.org/need-know-info/from-us-to-you/for-newly-bereaved/>

Young Minds

Information and advice for young people who are dealing with grief and loss.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

Belfast Trust

An animated video for children about the death of a loved one during COVID-19

<https://www.youtube.com/watch?v=YBQpUozi6hA>

Winston's Wish

Website for young people who are grieving with advice and stories

<https://help2makesense.org>

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Local helplines

Greater Manchester

Greater Manchester Suicide Bereavement Information Service

Telephone: 0161 983 0700 Monday – Friday, 10am - 4pm (Excluding bank holidays)

Email: SB.IS@nhs.net

Website: www.shiningalightonsuicide.org.uk

Kooth

Online counselling and emotional wellbeing support for 11-18 year olds

Online chat: Monday – Friday 9am – 10pm, Saturday and Sunday 6pm – 10pm

Website: <https://www.kooth.com>

Nestac

Ear for You – helpline offering support and advice for people from BAME communities who are recovering from COVID-19 or are self-isolating, relatives and friends of clients suffering from COVID-19, bereaved relatives and friends of a deceased COVID-19 person, BAME women and young girls who are victims of abuse and violence.

Telephone: 07862 279289 / 07894 126157, 10am – 6pm every day. You can also text the word HELP and someone will get back to you.

Bolton

MhIST

All face-to-face groups are temporarily suspended. However, we are still recording interest in the groups and have set up WhatsApp groups where possible. Mental Health Independent Support Team (MhIST) staff are working remotely but can be easily contacted by

Telephone: 01204 527200

Text: 07800000396

Email: help@mhist.co.uk

Website: <https://mhist.co.uk/>

Manchester

Manchester Mind

Due to the current situation our face-to-face services, including our advice drop-in, are currently suspended. If you need to speak to a member of the team please call 0161 769 5732.

Manchester Community Central

Spreadsheets containing the details of local support during the COVID-19 outbreak. They are divided into North, Central and South Manchester, there is also a spreadsheet for services that cover the entire city.

<https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/changes-services-your-area>

Rochdale

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Rochdale and District Mind

Rochdale and District Mind operate a confidential mental health telephone information line

Telephone: 0800 107 0729 or 01706 752 338

Website: <https://www.rochdalemind.org.uk/>

Self referral available: <https://www.rochdalemind.org.uk/how-we-can-help/how-to-refer/>

Salford

SIDASS – Salford Independent Domestic Abuse Support Services

Helpline: 0161 793 3232, Monday-Friday 1pm-4pm and there is an answer phone outside of these hours

Stockport

The Prevention Alliance

If you would like to speak with one of our keyworkers, our TPA phone line continues to be staffed Monday-Friday 9am-4.30pm.

Telephone: 0161 474 1042

COVID-19 Community Support Groups

[Bird Estate \(Poynton\) Community Support](#)

[Bramhall Helping Hands](#)

[Brinnington Big Local](#)

[Heatons Covid-19 Virus – self isolation neighbourhood outreach](#)

[Marple Covid 19 Mutual Aid Group](#)

[Reddish Covid-19 virus –self isolation neighbourhood outreach](#)

[Stockport COVID 19 Support](#)

<https://startpoint.org.uk/covid19/> (a group to help people in Woodley)

In Romiley:

If you are self-isolating, Young Caritas Romiley from Our Lady & St Christopher's Church can help you with picking up shopping

A friendly phone call

Posting mail

Urgent supplies

To keep everyone safe, all young people will be accompanied by a grown-up and only volunteer if they are healthy. Our hands will be washed regularly and all items will be left on the doorstep. We will avoid physical contact (2 metre distance)

Contact the church at Our Lady & St Christopher's Church, Barrack Hill, Romiley or call 0161 430 2704

For people with sensory loss

[Video updates about TPA service during the coronavirus period](#)

[Walthew House information page](#)

Stockport Mind

Telephone/email/social media support still available, regardless of whether people are already under the service or not, as much as is possible.

If the answerphone is on, we will get back to people when able. Staff all working from home except for a rotation system to cover phones in the office on 0161 480 7393 [\(during opening hours\)](#).

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START (drug and alcohol service)

Offering a service by telephone on **0161 474 3141** or email us on START@Stockport.gov.uk. more information <https://www.healthystockport.co.uk/>

Age UK Stockport

Offering telephone support on **0161 480 1211** Monday to Friday 9am to 5pm. The advice and information team are available on **0161 477 1213**.

Website: <https://www.ageuk.org.uk/stockport/>

Signpost for carers

Helpline Monday to Friday, 8am-4pm: 0161 442 0442

Email: info@signpostforcarers.org.uk

Tameside

Mental Health Support in Tameside and Glossop

Information about different support services in Tameside and Glossop with COVID-19 updates

<https://www.tameside.gov.uk/MentalHealth/Local-Support-Services-For-Mental-Health-and-Wellb>

Wigan

The Wigan Mental Health Urgent Response Team

01942 636395 (24 hours a day, 365 days a year)

<https://www.nwbh.nhs.uk/urgent-response-team-wigan>

National helplines

Age UK

Older people's charity providing information and advice and supporting research.

Phone: 0800 678 1602. 8am-7pm, 365 days a year

<https://www.ageuk.org.uk/>

Alzheimer's Society

Provides information on dementia, including factsheets and helplines.

Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: www.alzheimers.org.uk

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

Beat

Provides support for people adults and young people with eating disorders.

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: www.b-eat.co.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

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During the lockdown, we will continue to operate a call back and email service for people to get advice and guidance and to just have a chat to relieve some of the loneliness of self-isolation. To arrange a call back please email us: info@bipolaruk.org

ChildLine

ChildLine is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

Telephone: 0800 1111

Website: www.childline.org.uk

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Combat Stress

For veterans.

24 Hour helpline: 0800 138 1619

Website: www.combatstress.org.uk/

Cruse Bereavement Care

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: www.cruse.org.uk

Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

LGBT Foundation

Our helpline remains open on 0345 3 30 30 30, Monday to Friday between 10am and 6pm. We are also looking into options to extend our helpline hours during this time.

<https://lgbt.foundation/>

Mencap

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: www.mencap.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

MindLine Trans+

A confidential, emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary.

Mondays and Fridays: 8pm to midnight. 0300 330 5468 | [Visit the MindLine Trans+ webpage.](#)

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Mood Swings

Aimed at anyone affected by a mood disorder, including friends, families and carers. Their helpline is open 10am to 4pm Monday to Friday.

Telephone: 0161 832 37 36

E-mail: info@moodswings.org.uk

Website: www.moodswings.org.uk

Nightline

If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.nopanic.org.uk

OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

PANDAS Foundation

FREE helpline 0808 1961 776. Available on all landlines. Monday – Sunday 9am- 8pm. Manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support.

PANDAS Email Support: info@pandasfoundation.org.uk available 365 days a year. We'll respond within 72 hours. Please get in touch if you'd like any more information regarding perinatal mental illness or are looking for support for yourself or your partner, friend or colleague.

PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: www.papyrus-uk.org

Rape Crisis

Live chat helpline – online chat: <https://rapecrisis.org.uk/get-help/live-chat-helpline/about-the-live-chat-helpline/>

Website: www.rapecrisis.org.uk

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

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Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare - comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Shout Crisis textline

Use the '[Shout' crisis text line](#) - text SHOUT to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Silverline

Aimed at people over 55. Their helpline is open 24 hours a day, every day of the year.

Telephone: 0800 4 70 80 90

Website: www.thesilverline.org.uk

SOBS – Survivors of Bereavement by Suicide

Telephone: 0300 111 5065, 9am – 9pm Monday to Friday

<https://uksobs.org/>

The Mix

If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Telephone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Victim Support

Phone: 0808 168 9111 (24-hour helpline)

Website: www.victimsupport.org

COVID-19 information

UK Government

<https://www.gov.uk/coronavirus>

The government has launched a Coronavirus information service on Whatsapp. To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

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NHS England

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

NHS 111 online

<https://111.nhs.uk/covid-19>

NHS Library and Knowledge Services

Information and resources on the coronavirus

<https://library.nhs.uk/coronavirus-resources/>

World Health Organization

https://www.who.int/health-topics/coronavirus#tab=tab_1

WHO Health Alert – Whatsapp messaging service providing the latest news and information.

<https://www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp>

UNISON

Coronavirus and your rights at work

www.unison.org.uk/coronavirus-rights-work/

Mental Health

Public Health England

COVID-19: Guidance for the public on mental health and wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

COVID-19: Guidance for parents and carers on supporting children and young people's mental health and wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Greater Manchester Combined Authority

Wellbeing and mental health during COVID-19: A guide to looking after yourself and others

<https://hub.gmhsc.org.uk/mental-health/wp-content/uploads/sites/6/2020/05/Wellbeing-and-mental-health-during-COVID-19.-A-guide-to-looking-after-yourself-and-others.pdf>

Mental Health Foundation

Looking after your mental health during the Coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Looking after your mental health during the gradual easing of lockdown

<https://www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown>

Mind

Coronavirus and your wellbeing. Has sub-pages on managing feelings about lockdown easing and mask anxiety, face coverings and mental health.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Rethink Mental Illness

COVID-19 and mental illness help and advice.

<https://www.rethink.org/advice-and-information/covid-19-support/>

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WHO

Helping children cope with stress during COVID-19 .

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

Young Minds

Advice for young people on getting support for their mental health during the COVID-19 outbreak, including advice on feeling anxious about coming out of lockdown.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Accessible information

HEE Library and Knowledge Services

Information about coronavirus for the public in accessible formats including Easy Read, BSL and Makaton.

<https://library.nhs.uk/coronavirus-resources/accessible-formats-2/>

Easy Read

Public Health England

Easy read guidance on mental health and wellbeing during COVID-19 outbreak

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf

Beyond Words

Free wordless ebooks on coronavirus topics, including end of life care planning and bereavement

<https://booksbeyondwords.co.uk/coping-with-coronavirus>

Mencap

Easy read information about coronavirus and how to stop it from spreading

<https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19>

Mental Health Foundation

An easy read guide to anxiety

<https://www.mentalhealth.org.uk/learning-disabilities/publications/easy-read-guide-anxiety>

Cruse Bereavement Care

COVID-19 easy read factsheets on death and bereavement

<https://www.cruse.org.uk/coronavirus/easy-read-factsheets>

BSL

Signhealth

Information about coronavirus in British Sign Language translated from government announcements and Public Health England guidance

<https://signhealth.org.uk/resources/coronavirus/>

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Multilingual information

Royal College of Psychiatrists

Information on a range of mental health topics in other languages

<https://www.rcpsych.ac.uk/mental-health/translations>

Doctors of the World

Basic information on coronavirus translated into 34 languages, based on NHS guidelines

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

Public Health England

COVID-19: Guidance for the public on mental health and wellbeing, available in 10 different languages

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

WHO

Coping with stress during COVID-19

[Arabic](#)

[Chinese](#)

[English](#)

[French](#)

[Russian](#)

[Spanish](#)

WHO Health Alert – Whatsapp messaging service providing the latest news and information.

Available in 11 different languages including Arabic, Hindi and Spanish

<https://www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp>

AskDoc

Videos in different languages advising on how to best manage the threat of covid-19.

<https://askdoc.org.uk/events/covid-19/>

Peterborough Council

Coronavirus public health message videos in a range of different languages.

<https://www.peterborough.gov.uk/healthcare/public-health/coronavirus/coronavirus-campaign-for-communities#videos-in-community-languages-4-0>

Psychological Tools

A guide to living with worry and anxiety amidst global uncertainty, available in a range of languages.

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Manchester City Council

Information in several languages about helping people get online

https://www.manchester.gov.uk/downloads/download/7239/stay_connected_through_covid-19_leaflets

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Further Information

For help with finding further information or resources, please contact the Library and Knowledge Services

Email: library@gmmh.nhs.uk

Phone: 0161 358 1772 / 0161 271 0505 (ext. 3)